

CHATTAHOOCHEE RIVER NATIONAL RECREATION AREA

Three Units of the Chattahoochee River National Recreation Area are in Sandy Springs; East Palisades, Powers Island, and Island Ford. Each unit has hiking trails, picnic sites, scenic beauty, and much more. The National Park Service offers free family programs at all three. Information on programs and these areas including maps can be found at nps.gov.

training and are USA Gymnastics Safety, CPR, First Aid and AED certified. Sign up today for world class gymnastics instruction right here in Sandy Springs.

Winter term: January 5-March 30, 2015 (No Classes January 19 & February 16)
Spring term: April 13-May 23, 2015
Clinics: Tumbling Clinic - (Ages 5-7 2-4 p.m.; Ages 8+ 2-5p.m.); Tumbling Clinic - First Saturday of Each Month; Bars Clinic - January 24; Beam Clinic - February 21; Vaulting Clinic - March 21
Instructor: Gymnastics Staff
Info: sandyspringsga.gov/gymnastics
Location: Hammond Park Gymnastics Center
Min/Max Participants: 3/8
Cost: \$102-\$198, (varies by length of class and county of residence)

RHYTHMIC GYMNASTICS

GIRLS AGES 4-17 - Rhythmic gymnastics provides instruction for girls who love music and dance, and thrive on creativity. Girls have the opportunity to develop coordination, strength and flexibility, as well as self-expression and body alignment. Proper techniques are taught for both body and hand apparatus work with rope, hoop, ball, clubs, and ribbon.

Beginner (Age 4-6): Saturdays 11a.m.-12:30 p.m.
Beginner (Age 7-13): Tuesdays 5-6:30 p.m.
Team Classes Available, for Team info call (678) 520-7344
Instructors: Anna Sokolova
Location: Hammond Park Gymnastics Center
Info: anasokolov@yahoo.com
Min/Max Participants: 3/10
Cost: \$80-100/Monthly

ADAPTIVE RECREATION

EXCEPTIONAL ADVENTURES ACTIVITY CLUB

AGES 4-12 - The Adaptive Recreation Exceptional Adventures Activity Club is a monthly social recreational program designed to bring children with special needs and their families together for a fun and engaging time, hanging out with friends and participating

MEET UP SUNDAYS

AGES 5-11 - Come out and play and make new friends! Parents of Kids with Autism of Sandy Springs is an informal group for children on the Autism Spectrum, their siblings and parents. The purpose of the group is to make real life friends and to plan playdates, day trips, Parents Night Out events and more. Learn more about PKA of Sandy Springs at x.co/5945d.

Sundays, 3-5 p.m. (check PKA's website calendar for dates and activities)
Group Organizer: Lidiya Welch
Location: Hammond Park Playground
Cost: Free

SPECIAL POPS TENNIS

AGES 6+ - The Sandy Springs Recreation and Parks Department will host a weekly tennis training program provided by Special Pops Tennis and its volunteers. Special Pops Tennis (SPT) is a local non-profit and certified USTA Community Tennis Association that enriches the lives of children and adults with intellectual disabilities through the lifetime sport of tennis. Tennis is the focal point for gathering; but the greater emphasis on the program is helping the athletes to develop life skills that will serve them in their everyday lives. The athletes that train in this 8-week program are also eligible to compete in local tournaments including the Special Olympics Georgia Summer Games. Equipment provided.

Saturday, January 31: Movie & Games
Saturday, February 28: Musical Activities & Games
Saturday, March 28: "Egg-ceptional" Activities and Games
5:30-8:30 p.m.
Location: Hammond Park Community Bldg.
Cost: \$20/child, \$5/additional child

SPECIAL NEEDS GYMNASTICS

AGES 6-12 - Sparkling Stars Gymnastics - These 45 minute classes, held once a week, will use basic gymnastics equipment and other fun activities to develop strength and flexibility, self-confidence and body awareness. Group classes are taught by exceptional coaches that are specifically trained to work with the special needs community. Children with mild disabilities or moderate physical disabilities can attend. Private 1:1 classes are also available.

Winter 12-week Session: January 5-March 30
Spring Term: April 13-May 23, 2015
Fridays 4:15 p.m.
Instructor: Gymnastics Staff
Location: Hammond Park Gym
Min/Max Participants: 3/5
Cost: \$102 or \$120, (varies by county of residence)

FAMILY GAME NIGHT

AGES 4-17 - Bring the kids and enjoy an evening out together. Families who have an individual with a disability are invited to participate. Family Game Night is all about giant fun! Parachute games, giant floater balls, ring toss and tic-tac-toe, bocce ball, music, fun and more.

Saturday, April 25, 2015, 5:30-8 p.m.
Instructor: Special Ed and Adaptive P.E. teachers
Location: Multi-purpose Room Hammond Park Community Building
Min/Max Participants: 25/75
Cost: \$20/family



ADULT PROGRAMS

VOLLEYBALL LEAGUES

AGES 18+ - Divisions: Co-ed Power, Women's Power and Men's League.

February-May, 2015
game times: 6:30 p.m., 7:30 p.m., 8:30 p.m.
Location: Sandy Springs Middle School Gym
Info: tramos@sandyspringsga.gov
Min/Max Participants: 6/12 teams per division
Cost: \$305/team

VOLLEYBALL - OPEN GYM

AGES 18+ - All skill levels welcome.
Tuesdays, 7-9 p.m.
Registration: Sign in with Recreation staff on site.
Location: Sandy Springs Middle School
Info: tramos@sandyspringsga.gov
Min/Max Participants: 12/40
Cost: Free

PICKLE-BALL

AGES 18 & UP - Pickle-ball is a combination of Tennis, Badminton, Ping Pong and Racquet ball; and it is one of the fastest growing sports in America! It may have a silly name, but it's a serious sport. It's fast paced, easy to learn, great exercise and lots of fun!

Monday-Friday 9 a.m.-2 p.m.
Info: Sign-out the nets at Hammond Gym
Location: Hammond Park Courts **Cost:** Free

KARATE

The Karate program is designed to introduce students to a comprehensive program which incorporates the self-defense techniques and principles of traditional Karate in a noncompetitive group environment. The emphasis is on self-development and cooperation between the students rather than on competition. Training in traditional Karate provides both physical and mental development. Instructor Mark Moeller has over 32 years of martial arts experience and is the author of Karate-do Foundations.

Winter: December, 2014-February, 2015 (No Classes January 19, February 16)
Spring: March, 2015 -May, 2015
Tuesdays, Thursdays 7:30-9:45 p.m. & Saturdays, 10:30 a.m.-12:45 p.m.
Instructor: Mark Moeller
Info: atlantakarateschool.com
Location: Hammond Park Gymnastics Center
Min/Max Participants: 10/50
Cost: \$90/12 weeks

ADULT SPORTS LEAGUE

Co-Ed Flag Football: Saturdays
Men's Flag Football: Saturdays & Sundays
Ultimate Frisbee: Mondays
Co-Ed Soccer: Tuesdays
Men's Flag Football: Wednesdays
Co-Ed Kickball: Thursdays

Registration: georgiasportsleagues.org, (678)799-0159.
Instructor: Sandy Springs Recreation Staff with Georgia Sports Leagues Staff
Location: Dunwoody Springs Elementary Turf Field
Info: tramos@sandyspringsga.gov

GYMNASTICS

The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This is the perfect all-around workout that uses every muscle in the body and helps develop gymnastics skills for all levels. This class is fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed. Classes offered Monday-Saturday. Please check out our website to see complete fall schedule.

Winter term: January 7-March 30, 2015 (No Classes January 21 or February 18)
Spring term: April 8-May 18, 2015
Clinics: Tumbling Clinic - April 18
Instructor: Gymnastics Staff
Info: sandyspringsga.gov/gymnastics
Location: Hammond Park Gymnastic Center
Min/Max Participants: 3/8
Cost: \$180/198 (depending on county of residence)

YOGA

18+ - Take a moment to relax in the oasis of SWAYoga for the beginner and experienced yogis. We invite you to invigorate your energy as we combine stretching, breathing, music, the arts and health education. These Vinyasa-fusion Yoga classes maintain calm, awareness and focus on breathing while moving thru a flowing series of poses. This style builds your flexibility, intimacy, sleep, memory, and strength while maintaining focus on good alignment and sound structure.

Mondays and Wednesdays, 6:30-7:30 p.m.
Location: Hammond Park
Min/Max Participants: 10/50
Cost: \$40/month

ADULT ACRYLIC PAINTING CLASSES

AGES 15 & UP - Painting classes designed just for adults! Join us for a relaxing, fun evening of art with your friends. Who says the kids get to have all the fun? Never painted before? NO PROBLEM! These classes are designed for beginners! We will teach you everything you need to know to create a beautiful work of art in just two hours. Projects include acrylic painting on canvas, watercolor painting, silk painting and more!

Saturday, March 14, 28, April 25, 2015, 6-8 p.m.
Instructor: Art a la Carte staff
Location: Hammond Community Building
Min/Max: 10/20
Cost: \$35/each class

IMPACT FITNESS

In partnership with Sandy Springs Recreation and Parks, Impact fitness offers quality fitness programs for Sandy Springs residents. For more in-formation visit impact-fitnessatl.com or call 770-545-6079. Upcoming fitness classes: Outdoor Bootcamp, Cardio classes, Speed & Agility classes, and much more!

OTHER ITEMS YOU NEED TO KNOW

All of our programs are suitable for both boys and girls with the exception of certain gymnastics programs. You can find the latest information and register for most of our programs at sandyspringsga.gov/registration unless an alternative method of registration is mentioned in a program description. If you have any questions about our recreation programming, call us at 770-730-5600 or email us at recreation@sandyspringsga.gov.

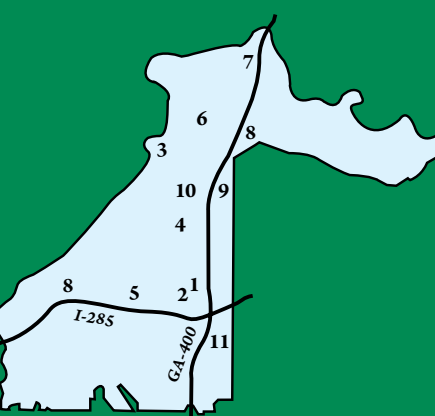
 Receive the latest news by liking us at facebook.com/CoSSRecandParks

REGISTRATION OFFICE

705 Hammond Dr, Sandy Springs, Georgia
Tel: 770-730-5600 Fax: 770-206-2032
Email: recreation@sandyspringsga.gov

PROGRAM LOCATIONS

1. Hammond Park Gymnastics Center
705 Hammond Drive
2. Hammond Park Community Building
6005 Glenridge Drive
3. Morgan Falls Overlook Park
200 Morgan Falls Road
4. Sandy Springs Tennis Center
500 Abernathy Road
5. Lake Forest Elementary School
5920 Sandy Springs Circle
6. Ison Springs Elementary
8261 Ison Road
7. Sandy Springs Middle School
8750 Pride Place
8. Dunwoody Springs Elementary
8100 Roberts Drive
9. Woodland Elementary School
1130 Spalding Drive NE
10. North Springs High School
7447 Roswell Road
11. High Point Elementary
520 Greenland Road NE



RECREATION AND PARKS PROGRAM GUIDE





CANOE, KAYAK & PADDLE BOARD INTRO DAY

ALL AGES – Sandy Springs Recreation and Parks Department along with High Country Outfitters (HCO) will host Canoe, Kayak & SUP Demo Day 2015. The event is designed to give the community an opportunity to try out a combination of canoes, kayaks and paddleboards. The event will also host a variety of informative and fun presentations including Paddling Safety, Basics of Paddling, Differences between Paddles, Paddle Strokes for Canoeists, Loading a Kayak, Kayak Fishing, and Kayak Camping.

Saturday, April 11, 2015, 10 a.m.-1 p.m.
Location: Morgan Falls Overlook Park
Min/max Participants: 25/125
Cost: Free; Pre-registration requested.

EVENTS

HOLIDAY HOOPS 2-ON-2 BASKETBALL SKILLS CHALLENGE

GRADES 6-8 – Contests include Girls 2 on 2 round robin tournament, free-throw and 3 point shooting contest. Boys 2 on 2 round robin tournament, free-throw and 3 point shooting contest. If signing up for the 2 on 2 tournaments, both participants need to be registered as a team and include both players' names on registration form.

Friday, December 5, 2014

Check-in at 5:30 p.m.; Competition begins at 6 p.m.

Instructors: Recreation staff

Location: Sandy Springs Middle School

Cost: FREE (includes tournament T-shirt)

SIXTH ANNUAL FATHER DAUGHTER DANCE

GRADES K-5TH – Dance will feature music from both generations geared to the dads or father figures and daughters provided by a live DJ. Event includes dance contests, musical games, complementary snacks and refreshments, keepsake photo, door prizes and a goodie bag for each girl. Attire is business casual to semi-formal. Pre-registration begins Nov. 5, 2014 and is accepted on a first come first serve basis until the event is full or February 6, 2015, whichever comes first. Open to all girls attending school in Sandy Springs. Spaces are limited so sign up early!

Saturday, February 7, 2015, 6-8 p.m.

Location: Spalding Drive Charter Elementary

Min/max Participants: 50/125

Cost: \$35/father-daughter includes keepsake photo; \$10 each additional daughter

MORGAN FALLS BIRD WALK

AGES 6+ – Join Atlanta Audubon Society for a guided bird walk along the trail at Overlook Park. Open water, duck species and eagle will be sighted easily during the

winter. The spring walk offers opportunities to look for spring migrants and arrival of summer nesting species. Binoculars will be available to borrow. Children 16 and under must be accompanied by an adult.

Winter Bird Walk: Saturday, Feb. 21, 2015
Spring Bird Walk: Saturday, April 18, 2015
8:30-10:30 a.m.

Instructor: Atlanta Audubon Society

Location: Morgan Falls Overlook Park

Min/Max Participants: 6/20

Cost: Free; Pre-registration requested

STAR GAZING

ALL AGES – Look Over the Stars at Overlook Park! Bring binoculars or your own telescope, if you have them and join the Atlanta Astronomy Club to look at the moon, visible planets and other objects, try out a variety of telescopes, or talk to amateur knowledgeable astronomers about the night sky. Please be aware that the astronomers and demonstrators must cut off the line for each telescope to enable all viewing to be completed by 9:45 p.m. In the event of inclement weather another star gazing night will be announced.

Friday, February 27, 2015, 7:30-10 p.m.

Instructors: Atlanta Astronomy Club Members

Location: Morgan Falls Overlook Park

Min/Max Participants: 10/75

Cost: Free; Pre-registration requested

NATIONAL KIDS TO PARKS DAY

ALL AGES – Children in Sandy Springs can take part in a grassroots movement to reclaim America's parks through play on Saturday, May 16, 2015, commemorating the fifth National Park Trust's (NPT) National Kids to Parks Day. Sandy Springs and other cities across the nation are committing to a simple motto: "active kids are healthy kids" and National Kids to Parks Day encourages residents to use local parks and recreation sites to develop more active, healthy lifestyles. The event will feature games, field day activities, contests and races, inflatables, water slides, face painting, entertainment, raffles and more!

Saturday, May 16, 2015, 10 a.m.-4 p.m.

Location: Hammond Park Turf Field

Cost: Free

NORTH FULTON GOLDEN GAMES

AGES 50+ – The Sandy Springs Recreation and Parks Department will host the 2015 North Fulton Golden Games (NFGG) tennis tournament at the Sandy Springs Tennis Center. The tournament will include men's and ladies singles and doubles and mixed doubles. A team will play 8 games (no ad scoring) against every other team in the draw. Age groups 50-60 will play on hard courts and age groups 65 & up will play on soft courts.

In addition to the tennis tournament, other planned NFGG events and activities include opening ceremonies, field games, bowling, basketball, pickle-ball, rock-climbing, 5K stationary bicycling, poker, bridge, golf and bocce tournaments, swimming and diving, trivia and an awards luncheon.

The NFGG registration fee is \$15* per person and enables you to participate in as many of the Olympic-style events and activities as you would like (*additional fees apply for bowling, golf and some athletic tournaments.)

The City of Sandy Springs Recreation and Parks is offering to assist anyone interested in training for the Golden Games events. Please call the Recreation and Parks office at 770-730-5600 to discuss training and event registration. The NFGG provides adults 50+ an opportunity to participate in a variety of sports competitions, meet new people, learn new leisure skills, and become more aware of the recreational opportunities available to them.

SPORT PROGRAMS

YOUTH TRACK

AGES 7-14 – Participants will learn the proper fundamentals and techniques of how to run, jump and throw during our track and field program.

Parent's Meeting: Tuesday, February 3, 2015, 6 p.m. at Hammond Park Administration Building
Program dates: Information will be distributed regarding practices and track meets at the Parent Meeting - For additional information please visit the athletic website at quickscores.com/sandysprings

Head Coach: Kevin Scott

Info: tramos@sandyspringsga.gov

Location: Practices are at Sandy Springs Middle School;

Weekend track meets are at Metro Atlanta school sites

Min/Max Participants: 10/85

Cost: \$25 (includes jersey)

17 & UNDER BASKETBALL LEAGUE

GRADES 9TH-12TH – The goal of this program is to develop a high school basketball league for students who do not participate on their high school team. Get your team together and come ready to play. Individuals not on a team will be placed together to form a team of their own.

October 30, 2014-March 26, 2015

Thursdays, 7-9 p.m.

Instructor: Recreation Staff

Info: tramos@sandyspringsga.gov

Location: Sandy Springs Middle School Gym

Min/Max Participants: 20/100

Cost: Free

YOUTH BASKETBALL INTRAMURAL LEAGUE

GRADES 2ND-5TH

November 17-March 5, 2015

2nd-3rd Grade League - Mondays and Wednesdays

4th-5th Grade League - Tuesdays and Thursdays

Instructor: Recreation staff and volunteer coaches

Info: tramos@sandyspringsga.gov

Location: Local Elementary Schools

Min/Max Participants: 25/300

Cost: \$25 includes game jersey

BASEBALL/SOFTBALL

Sandy Springs Youth Sports - Sandy Springs is affiliated with the prestigious Dizzy Dean Baseball and ASA organizations. Leagues are recreational, with an instructional focus, and provide opportunities for all skill levels.

Baseball

Rookie League - Ages 4-5

International League - Age 6

A League - Age 7

AA League - Age 8

AAA League - Age 9

American/National Leagues - Ages 10-12

Softball

Rookie League - Ages 4-6

Minor League - Ages 7-8

Major League - Ages 9-10

Junior League - Ages 11-12

Senior League - Ages 13-18

Location: Morgan Falls Athletic Complex

Info: 678-521-7061 or sandyspringsbaseball.com

YOUTH WRESTLING

AGES 7-14 – Wrestlers will learn moves and technique during practice and will drill these moves and wrestle live with fellow team mates and wrestling partners. The first part of the season (November-January) will consist of practices at North Springs High School. The second part of the season (January-March) will consist of practices and "wrestle-rounds" with local youth teams at different locations & high schools around the metro Atlanta area.

November 11, 2014-February 19, 2015

Tuesdays & Thursdays, 6:30 -7:30 p.m.

Location: North Springs High School (cafeteria or gym)

Info: tramos@sandyspringsga.gov

Min/Max Participants: 10/30

Cost: \$25 per child includes program T-shirt

YOUTH LACROSSE

GRADES 2ND-5TH – Atlanta Youth Lacrosse the oldest Youth Lacrosse Program in the state is pleased to announce their 24th season of lacrosse in the metropolitan Atlanta area. With over two decades of experience teaching the game, Atlanta Youth Lacrosse was the pioneer program that ignited the explosive growth of lacrosse in Georgia. AYL continues that proud tradition today by teaching the sport of lacrosse while providing a fun and safe experience for all involved. AYL services over 1000 families every year in the game of lacrosse.

Winter clinics/camps and Spring Lacrosse

Info: Visit web site for signup information ayllax.com and the Blog which reflects AYL's pioneering spirit.

Instructor: Mary Jo Corsetti - President of Atlanta

Lacrosse; Lou Corsetti - Coaching Director

Location: High Point Elementary and Hammond Park Fields

SPRING SOCCER (CITY-WIDE LEAGUE)

GRADES PreK-5TH

March 23-May 21, 2015

Practice and games begin at 6 p.m.

Parent's Information Meeting: Thursday March 19,

2015 6 p.m., at the Hammond Park, Administration

Building

Mondays - Pre-K League

Tuesdays - Kindergarten League

Wednesdays - 1st & 2nd Grade League

Thursdays - 3rd, 4th & 5th Grade League

Instructor: Recreation staff and volunteer coaches

Info: tramos@sandyspringsga.gov

Location: Lake Forest Elementary

Min/Max Participants: 24/100

Cost: \$25, includes game jersey

SPRING YOUTH GOLF CLINIC

AGES 5-12

April 15-May 20, 2015

Wednesdays, 4:30-5:15 p.m.

Instructor: Volunteer Golf Instructors and Recreation

Part-time Staff

Location: Lake Forest Elementary

Info: tramos@sandyspringsga.gov

Min/Max Participants: 6/15

Cost: Free

SPRING YOUTH KICKBALL

GRADES 2ND-5TH

April 14-May 19, 2015

Tuesdays, 6 -7 p.m.

Instructor: WAKA Kickball local coordinators and

Recreation Part-time Staff

Location: High Point Elementary

Info: tramos@sandyspringsga.gov

Min/Max Participants: 15/50

Cost: Free

CAMPS

PRESCHOOL GYMNASTICS CAMP

AGES 3-5 – This fun-filled camp is for boys and girls ages 3-5 yrs. Campers will build social skills, strength and flexibility through gymnastics. Each day will consist of warm-ups, gymnastics games, obstacle courses, trampoline and creating arts and crafts. Participants will also practice on each of the Olympic gymnastics events; bars, vault, beam and floor. Campers must be potty-trained and bring a snack.

Schools Out One-Day Camps: January 5, January 19, February 16 & March 13, 2015
Spring Break Camp: April 6-10, 2015

9 a.m.-Noon

Location: Hammond Park Gymnastics Center

Cost: \$100/Spring Break Camp; \$25/ Schools Out One-Day Camps

ART A LA CARTE KIDZ CAMPS

AGES 6-13 – These camps give students the opportunity to experiment with a wide variety of mediums

including 3-dimensional sculpture, unique surfaces and more! Watch their self-esteem and self-expression soar! Several high quality projects will be completed each day. Each camp consists of all new projects, we never repeat curriculum. Art a la Carte Kidz Camp is a fun, and creative alternative to day care!. Children will be divided age appropriately and by the needs of each group. Participants bring a snack, lunch and drinks each day.

Winter Break: December 29, 30, 31, 2014 & January 2, 2015

Springs Break: April 6-10, 2015

9 a.m.-4 p.m.

Instructor: Art a la Carte Kidz staff

Location: Hammond Community Building

Min/Max Participants: 10/25

Cost: \$220/includes supplies

YOUTH GYMNASTICS CAMP

AGES 5.5-14

Boys and girls ages 5.5-14 years old will have fun learning gymnastics! Campers learn basic to advanced skills in tumbling, uneven bars, beam, vault and trampoline and gymnastics games and activities. Instruction is provided in small groups by trained coaches. Participants must bring their own lunch and drinks.

Schools Out One-Day Camps: January 5, January 19, February 16 & March 13, 2015

Spring Break Camp: Monday, April 6-Friday, April 10, 2015

9 a.m.-2 p.m.

Location: Hammond Park Gymnastics Center

Cost: \$130/ Spring Break Camp; \$35 /Schools Out

One-Day Camps

LEISURE PROGRAMS

STAND UP PADDLE BOARD

AGES 12 AND UP – Try out the fastest growing water sport in the country with a certified High Country Outfitters' guide. Learn the basic techniques for a safe enjoyable evening using hard boards and inflatable boards from the best companies - Yolo, Bote, Tahoe, Surftech, BIC and MHL

SUP Demo Classes: Thursdays, April 16, 23 & 30, May 7, 14, 21, & 28, 2015, 6:30-8 p.m.

SUP Yoga Classes: Sundays, May 3, 17, 24 & 31, 2015, 6-7:30 p.m.

Instructor: HCO professional instructors with First Aid

and CPR certification and American Canoe Association

or World Paddle Association training

Location: Morgan Falls Overlook Park

Min/max Participants: 5/15 (SUP Demo); 3/10

(SUP Yoga)

Info: highcountryoutfitters.com; or call 404-814-0999

Cost: SUP Demo Classes-\$25/single class; SUP Yoga

Classes-\$25/single class (with your own board &

paddle); \$50 (includes board, paddle, PFD, water &

towel); Class packs and group rates also available.

ART A LA CARTE KIDZ DRAWING AND CLAY CLASSES

AGES 6-13 – Learn how to manipulate clay using your hands, tools and armature. Students will create a new clay figure in each class. New curriculum each session.

February 7-May 2, 2015

Drawing - Saturday, 1-2 p.m.

Clay - Saturday, 2:30-3:30 p.m.

Location: Hammond Park Community Bldg.

Instructor: Art a la Carte Kidz staff

Min/Max Participants: 10/15

Cost: \$180/12-week session (one class); \$330/12 weeks (both classes)

SPORTYKES

AGES 2-4 – Boys and Girls SporTykes is a pre-school sports program designed to introduce your child to the wonderful world of sports through fun! Each session of SporTykes introduces your preschooler to soccer, t-ball, football & basketball using creative techniques and colorful atmosphere.

Winter Program: 6 Week Session, January 5-February 23, 2015 (Closed 1/29 and 2/16)

Spring Program: 12 Week Session, March 2- May 25

Tiny Tikes (2 yrs): Mondays or Tuesdays 9:45-10:15 a.m.

SporTykes (3 & 4 yrs): Monday or Tuesdays 10:30-11:15 a.m.

Instructor: Shannon Franz

Location: Hammond Park Gymnastics Center, MP

Room

Min/Max Participants: 7/8

Cost: \$66/Winter session; \$132/spring session

YOUTH KARATE

AGES 6-12 – The Karate program introduces students to a comprehensive program which incorporates the self-defense techniques and principles of traditional Karate in a noncompetitive group environment. The emphasis is on self-development and cooperation between the students rather than on competition. Training in traditional Karate provides both physical and mental development. Instructor Mark Moeller has over 32 years of martial arts experience and is the author of Karate-do Foundations.

Winter: December-February (No Classes January 19, February 16)

Spring: March-May

Tuesdays, 6:30-7:30 p.m. & Saturdays, 9:30-10:30 a.m.

Instructor: Mark Moeller

Info: atlantakarateschool.com

Location: Hammond Park Gymnastics Center

Min/Max Participants: 10/50

Cost: \$90/12 weeks

SANDY SPRINGS TENNIS CENTER

AGES 5+ – The Sandy Springs Tennis Center boasts 24 lighted tennis courts, a club house, pro shop, locker rooms with showers and a walking/jogging trail. The Tennis Center offers a large variety of programs suited for all levels - from tots to adults - including: lessons, clinics, summer camps, team coaching, tournaments, round robins and corporate parties.

Info: 404-303-6182; sandyspringstennis.com

GYMNASTICS

GYMNASTICS